

"Striving for excellence through innovation and positive experiences."



# ZUMBA!

*Dance your way to a healthier you with a fitness program that works for everybody and every body! We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba Fitness classes are often called "exercise in disguise".*

**WEDNESDAYS | 6:30-7:30PM**

10 participant max

**OCTOBER 7 - NOVEMBER 18**

**\$24**